

# From A(norexia) to Z(its)

Providing Health Information to Teens



# Overview

- Introductions and Overview of NN/LM
- Teens and Health
- Specific Health Topics and Resources
- Teen Health Reference
- Questions/Comments



# What is the NN/LM?



NIH

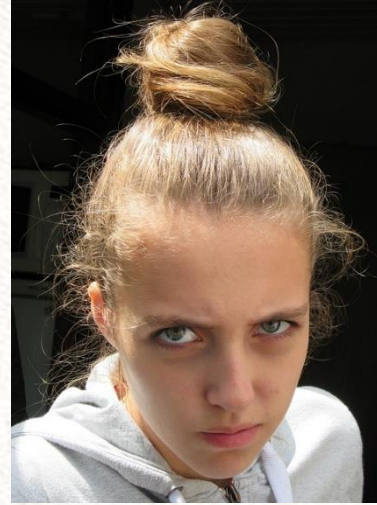
NLM

NN/LM

What's the  
difference?

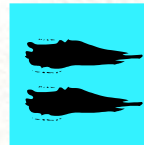
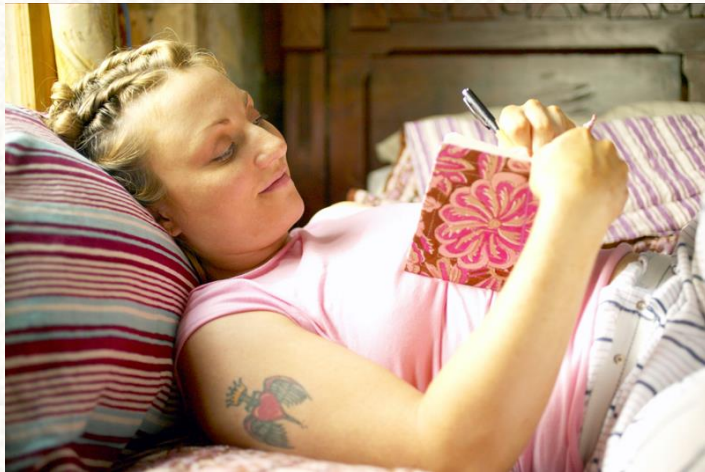


# How do adults view teenagers?





# How are teens different from children?



How are they the same?



# Some facts about teens and health





## 10 Leading Causes of Death by Age Group, United States – 2014

Rank	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	Total
1	Congenital Anomalies 4,746	Unintentional Injury 1,216	Unintentional Injury 730	Unintentional Injury 750	Unintentional Injury 11,836	Unintentional Injury 17,357	Unintentional Injury 16,048	Malignant Neoplasms 44,834	Malignant Neoplasms 115,282	Heart Disease 489,722	Heart Disease 614,348
2	Short Gestation 4,173	Congenital Anomalies 399	Malignant Neoplasms 436	Suicide 425	Suicide 5,079	Suicide 6,569	Malignant Neoplasms 11,267	Heart Disease 34,791	Heart Disease 74,473	Malignant Neoplasms 413,885	Malignant Neoplasms 591,699
3	Maternal Pregnancy Comp. 1,574	Homicide 364	Congenital Anomalies 192	Malignant Neoplasms 416	Homicide 4,144	Homicide 4,159	Heart Disease 10,368	Unintentional Injury 20,610	Unintentional Injury 18,030	Chronic Low. Respiratory Disease 124,693	Chronic Low. Respiratory Disease 147,101
4	SIDS 1,545	Malignant Neoplasms 321	Homicide 123	Congenital Anomalies 156	Malignant Neoplasms 1,569	Malignant Neoplasms 3,624	Suicide 6,706	Suicide 8,767	Chronic Low. Respiratory Disease 16,492	Cerebro-vascular 113,308	Unintentional Injury 136,053
5	Unintentional Injury 1,161	Heart Disease 149	Heart Disease 69	Homicide 156	Heart Disease 953	Heart Disease 3,341	Homicide 2,588	Liver Disease 8,627	Diabetes Mellitus 13,342	Alzheimer's Disease 92,604	Cerebro-vascular 133,103
6	Placenta Cord. Membranes 965	Influenza & Pneumonia 109	Chronic Low. Respiratory Disease 68	Heart Disease 122	Congenital Anomalies 377	Liver Disease 725	Liver Disease 2,582	Diabetes Mellitus 6,062	Liver Disease 12,792	Diabetes Mellitus 54,161	Alzheimer's Disease 93,541
7	Bacterial Sepsis 544	Chronic Low Respiratory Disease 53	Influenza & Pneumonia 57	Chronic Low Respiratory Disease 71	Influenza & Pneumonia 199	Diabetes Mellitus 709	Diabetes Mellitus 1,999	Cerebro-vascular 5,349	Cerebro-vascular 11,727	Unintentional Injury 48,295	Diabetes Mellitus 76,488
8	Respiratory Distress 460	Septicemia 53	Cerebro-vascular 45	Cerebro-vascular 43	Diabetes Mellitus 181	HIV 583	Cerebro-vascular 1,745	Chronic Low. Respiratory Disease 4,402	Suicide 7,527	Influenza & Pneumonia 44,836	Influenza & Pneumonia 55,227
9	Circulatory System Disease 444	Benign Neoplasms 38	Benign Neoplasms 36	Influenza & Pneumonia 41	Chronic Low Respiratory Disease 178	Cerebro-vascular 579	HIV 1,174	Influenza & Pneumonia 2,731	Septicemia 5,709	Nephritis 39,957	Nephritis 48,146
10	Neonatal Hemorrhage 441	Perinatal Period 38	Septicemia 33	Benign Neoplasms 38	Cerebro-vascular 177	Influenza & Pneumonia 549	Influenza & Pneumonia 1,125	Septicemia 2,514	Influenza & Pneumonia 5,390	Septicemia 29,124	Suicide 42,773

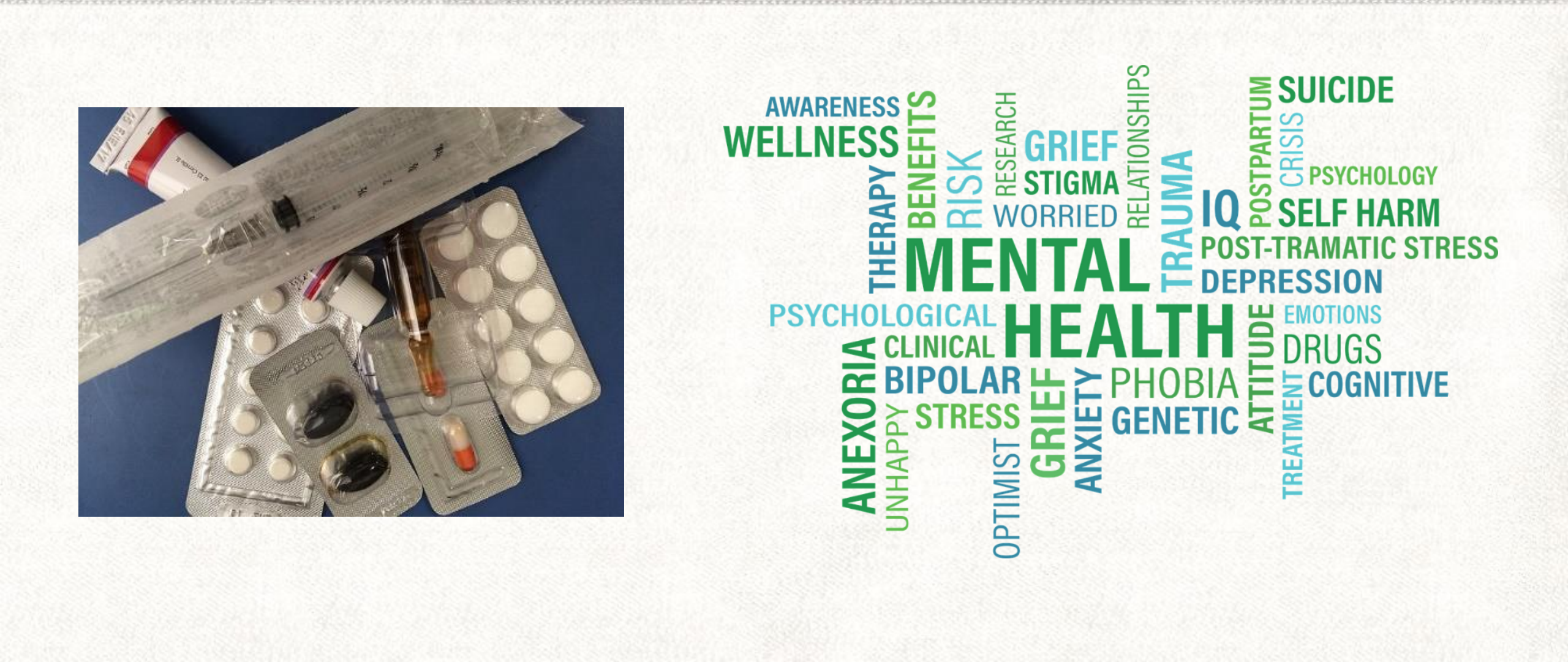
Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control



# Drug Use and Mental Health

[illegible]



# Health Risk Behaviors

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity



Don't they learn that stuff in their health class?





# What about school nurses and counselors?





# Where do they get health information?



Friends?

Reliable journals?

**Health  
Class?**

*Mom?*



**Doctors?**

*Social Media?*

**Google?**

**Wikipedia?**



# Teens, Health and Technology

**Table 1: Health information sources for teens**

Among all 13- to 18-year-olds, percent who say they get “a lot” of health information from:

Parents	55
Health classes in school	32
Doctors/nurses	29
Internet	25
Books	10
TV news	9
Radio	4
Newspaper articles	3
Magazine articles	3

**Table 5: Types of online health information sources used by teens**

Among all 13- to 18-year-olds, percent who have ever used any of the following for health information:

Google	49
A medical website	31
YouTube	20
Wikipedia	22
Yahoo	11
Facebook	9
Online tracking tools	8
Site for teens	8
Doctor's website	6
Blog posts	7
Twitter	4
Other social network	4
Online support group	3

**Table 8: Reasons teens seek health information online**

Among 13- to 18-year-old online health-seekers, percent who say each of the following is a reason why:

For a school project	53
To learn how to take better care of myself	45
To check symptoms and find out what's wrong	33
To get information about a condition that affected a friend or family member	27
Learn how to treat an illness, condition, or injury	24
To get information after a doctor visit	19
To get information before a doctor visit	14
Couldn't talk to their parents about the topic	13
To get information about medications	12






# Top Teen Health Issues

**Table 19: Health issues important to teens**

Among all 13- to 18-year-olds, percent who say each topic is very important for teens their age:		Among all 13- to 18-year-olds, percent who say each issue is very important to them personally:	
Drug or alcohol abuse	59	Hygiene	48
STDs	57	Fitness and exercise	45
Hygiene	56	Diet and nutrition	38
Pregnancy	56	Sleep	37
Birth control	53	Dental health	36
Smoking	51	STDs	32
Fitness and exercise	51	Stress or anxiety	32
Puberty	47	Drug or alcohol abuse	32
Diet and nutrition	46	Domestic violence or sexual assault	30
Stress or anxiety	44	Puberty	29
Depression or other mental health issues	43	Birth control	29
Domestic violence or sexual assault	42	Depression or other mental health issues	28
Sleep	39	Smoking	27
Eating disorders (such as anorexia/bulimia)	39	Pregnancy	27
Dental health	38	Cancer	24
Cancer	29	Eating disorders (such as anorexia/bulimia)	22
Diabetes	24	Diabetes	21
Attention deficit disorder (ADHD)	23	Heart disease	19
Heart disease	23	Attention deficit disorder (ADHD)	19
Colds/flu	21	Colds/flu	17




# Google

 acne treatment  


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About 25,500,000 results (0.60 seconds)


Shop for acne treatment on Google




X Out Face Wash-In Acne  
\$29.95  
X Out




Proactiv Original 3-Step Acne Treatment  
\$29.95  
Proactiv  
★★★★★ (42)




Proactiv+ 3-Step Acne Treatment  
\$49.95  
Proactiv  
★★★★★ (8)



Proactiv+ Teen Acne Treatment  
\$69.95  
Proactiv




Natural Acne Solutions 3-Step Acne Treatment  
\$30.00  
Burt's Bees



Exposed Acne Treatment  
\$49.95  
Exposed...

Swedish Express Care Virtual - Have Acne Symptoms? - swedish.org

 virtual.swedish.org/Swedish/OnlineProvider ▾

See a Swedish Provider Online from Your Own Home. No Wait. Only \$39.

Treating Blackheads, Whiteheads, & Cystic Acne - WebMD

www.webmd.com > Skin Problems and Treatments > Acne ▾

Treatment for mild acne (whiteheads, blackheads, or pimples) may include: Gentle cleansing with warm water and a mild soap, such as Dove or Cetaphil. Applying benzoyl peroxide (such as Brevoxyl or Triax). Applying salicylic acid (such as Propa pH or Stridex).

Acne Treatment that Works | Proactiv®

www.proactiv.com/en\_us/acne-treatment-that-works.html ▾

Proactiv+ 3-step acne treatment helps mild-to-moderate acne by unplugging pores and attacking acne bacteria with benzoyl peroxide and salicylic acid.

What is Acne? Best Treatment for Acne & Causes | Patient

patient.info/health/acne-leaflet ▾

Treatments can be those that you apply to the skin (topical) and/or tablets. You may prefer not to

Acne

Also called: pimples

ABOUT

SYMPTOMS

TREATMENTS

Treatment consists of skin care

Treatments include over-the-counter creams and cleanser, as well as prescription antibiotics.

Medications

Anti-Inflammatory, Vitamin A derivative, Antibiotics, and Topical antiseptic

Self-care

Benzoyl peroxide / Salicylic acid and Antibacterial soap

Specialists

Pediatrician, Primary care provider (PCP), and Dermatologist

Consult a doctor for medical advice

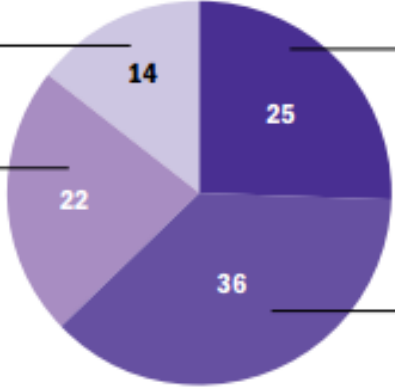
Sources: Mayo Clinic and others. Learn more

Download PDF

Related conditions

## Chart 1: Amount of health information teens get from the Internet

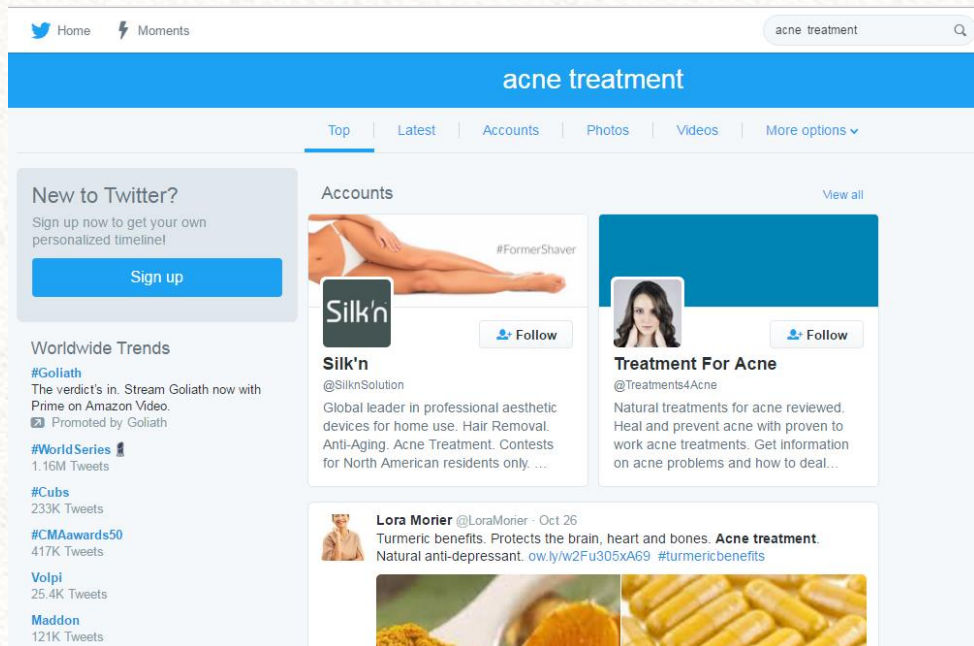
Among all 13- to 18-year-olds, amount of health information gotten online:



Amount of health information	Percentage
None at all	14
Only a little	22
Some	36
A lot	25

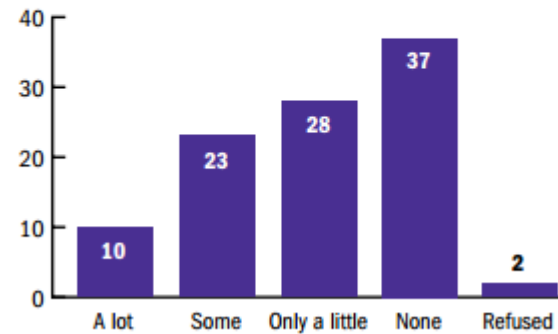


# Social Media



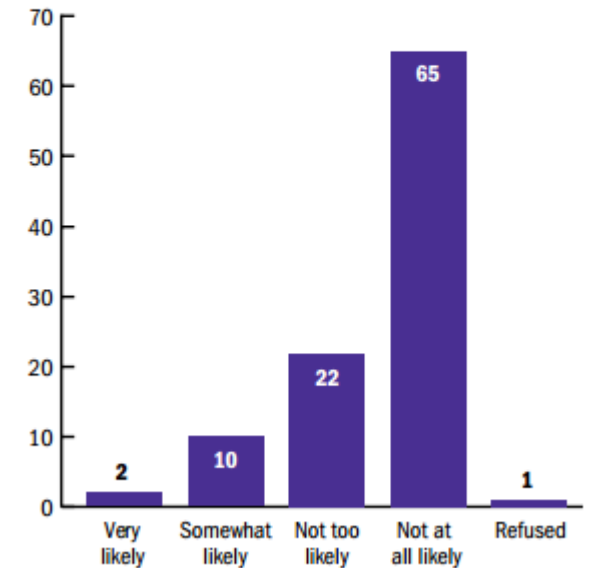
**Chart 8: Amount of health information teens get from social networking sites**

Among all 13- to 18-year-olds, amount of health information gotten from social networking sites:



**Chart 9: Posting health inquiries to social networking sites**

Among all 13- to 18-year-olds, percent who say that if they had a health question or needed advice, they would be likely to post it on a social networking site:





# Satisfied with online searching?

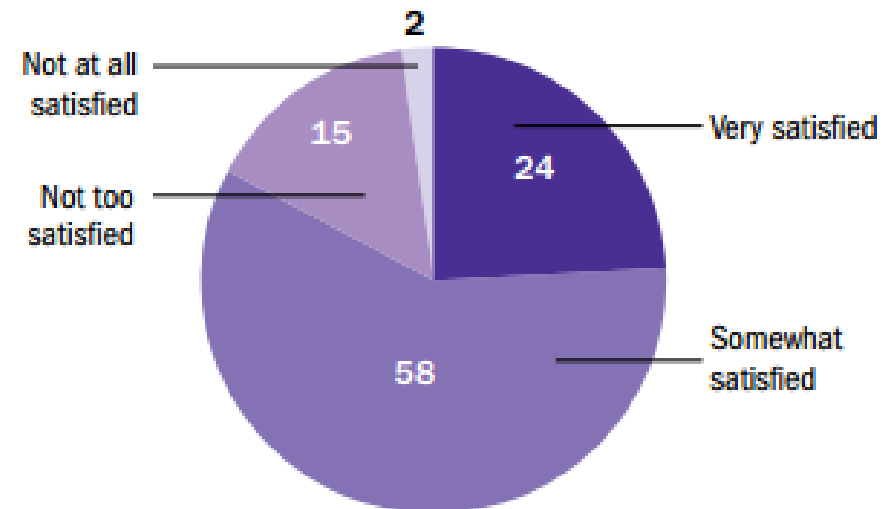
**Table 10: Reasons for teens' dissatisfaction with online health information**

Among the 18 percent of online health-seekers who were not satisfied, the top reasons for dissatisfaction:

Too much conflicting information	42
Didn't seem reliable	40
Wasn't relevant to their particular situation	35
Took too long to sort through	29
Too vague	27
Couldn't find answer to specific question	26

**Chart 11: Teens' satisfaction with online health information**

Among 13- to 18-year-old online health-seekers, degree of satisfaction with information they found





# Communication



Reference Librarian in Training, by the Seattle University Law Library



# How do teens see librarians?



Librarians in Smocks – Shush 2.0 by CCL Staff

- Teachers?
- School Nurses?
- Counselors?
- Health Teachers?
- Adults?



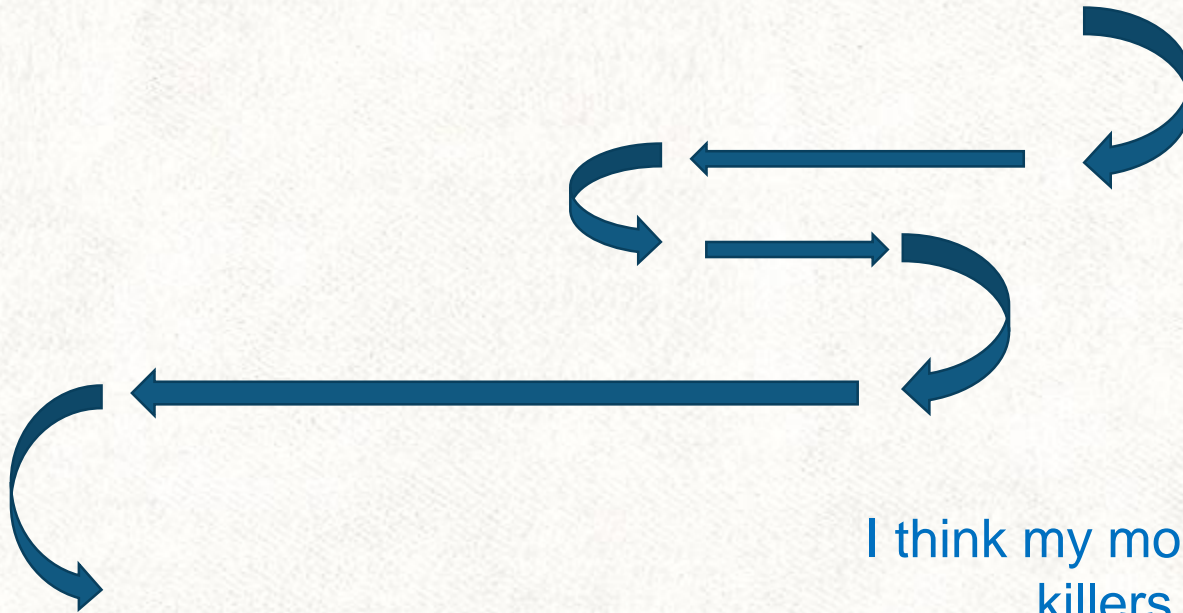
# How is teen communication different from adult communication?





# What could they really mean?

I need some information on, like, alcohol... you know, like, for a homework assignment.

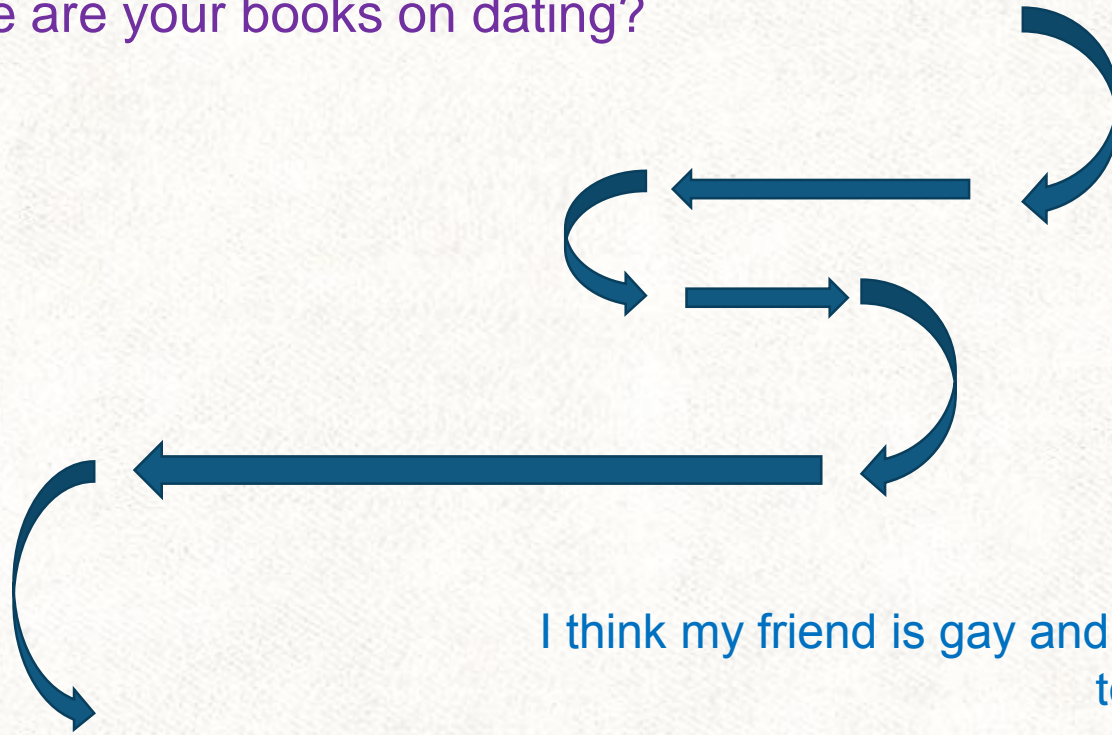


I think my mom might be addicted to pain killers and I don't know what to do



# What could they really mean?

Where are your books on dating?



I think my friend is gay and I don't know how  
to ask him if he is.



# How do you know the difference?





# Exercise: Bad Communication Techniques



I need some information on, like, alcohol... you know, like, for a homework assignment.





# Exercise: Good Communication Techniques



Hipster Librarian with glasses  
by HaikugirlOz

I need some  
information on, like,  
alcohol... you know,  
like, for a homework  
assignment.



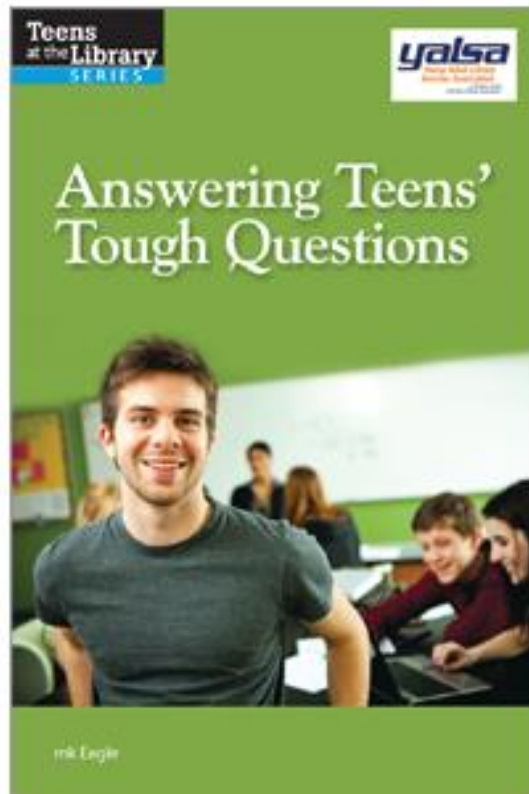


# Ethics & Privacy

- Provide a safe and welcoming environment
- Don't make assumptions about the person asking the question or what the question is about
- Make sure you have the correct terms and spelling
- Realize the limits of your library's medical information
- Do NOT give any medical advice, interpret the medical information, or relay your story
- Maintain a professional and respectful attitude but be sensitive to cultural and age
- Maintain confidentiality with patron



# Book Recommendation



## Answering Teens' Tough Questions mk Eagle

Item Number: 978-1-55570-794-1

Publisher: ALA Neal-Schuman

Price: \$51.00

[E-mail a Friend >](#)



# Top Teen Health Issues

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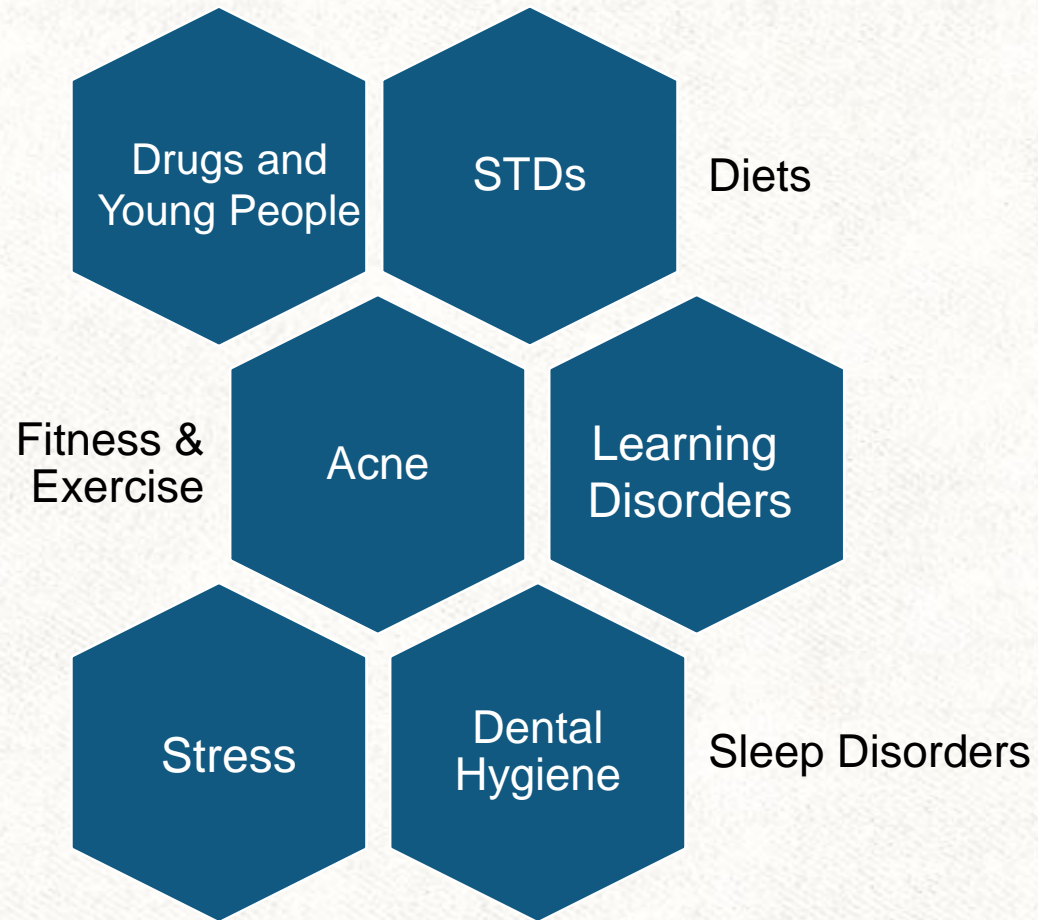
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- Diabetes in Children and Teens




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## Teen Health



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### Teen Health

Also called: Adolescent health

**On this page**

**Basics**

- Summary
- Start Here
- Latest News
- Prevention and Risk Factors
- Treatments and Therapies

**Learn More**

- Related Issues
- Specifics

**See, Play and Learn**

- Health Check Tools

**Research**


- Statistics and Research
- Clinical Trials
- Journal Articles


**Resources**

- Find an Expert

**For You**

- Patient Handouts





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**MEDICAL ENCYCLOPEDIA**  
Teenagers and sleep

**Related Health Topics**  
College Health  
Puberty

**Summary**

As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Healthy habits, including eating a healthy diet and being physically active, can help you feel good, look good, and do your best in school, work, or sports. They might also prevent diseases such as diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some cancers when you are older.

**Start Here**

- Ages and Stages: Teen** (American Academy of Pediatrics)  
Also in Spanish

## Teens' Page



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### Teens' Page

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- Start Here
- Prevention and Risk Factors

**Learn More**

- Related Issues
- Specifics

**See, Play and Learn**

- Games

**Research**


- Clinical Trials


**Resources**

- Find an Expert

**For You**

- No links available





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**Related Health Topics**  
Teen Health  
Teen Sexual Health  
Teen Violence  
Teenage Pregnancy

**Summary**

If you are a teenager, this page is for you!

It includes materials specifically for you - not for your parents - about health and safety for teens. There are quizzes, games and lots of cool web sites for you to explore. Have fun!


**Start Here**


- Ages and Stages: Teen** (American Academy of Pediatrics)  
Also in Spanish
- Take Charge of Your Health: A Guide for Teenagers**  
 **Easy-to-Read** (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish
- TeensHealth** (Nemours Foundation)  
Also in Spanish

**Prevention and Risk Factors**



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For You

- No links available





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Start Here




- [Ages and Stages: Teen](#) (American Academy of Pediatrics)  
Also in Spanish
- [Take Charge of Your Health: A Guide for Teenagers](#)  
 **Easy-to-Read** (National Institute of Diabetes and Digestive and Kidney Diseases)  
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 National Institute of Diabetes and Digestive and Kidney Diseases

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Weight Management

Take Charge of Your Health: A Guide for Teens

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- Spanish Version

You can also order print versions from our online catalog. [NIDDK](#)

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- Email: [healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

## Take Charge of Your Health: A Guide for Teens


- What's in This Booklet?
- Know How Your Body Works
- Charge Up with Healthy Eating
- Get Moving
- Take Your Time
- Make It Work for You
- Clinical Trials

### What's in This Booklet?

As you get older, you are starting to make your own decisions about many things that are important to you. You select what you wear every day, listen to music that you like, and spend time with friends that you choose. Are you also ready to take charge of decisions that affect your health?

This booklet gives you small and doable steps that may help you get healthier. In this booklet, you will find five main sections:

- [1. Know How Your Body Works](#) explains how your body uses the food you eat and how physical activity and other tasks help your body "burn" food.
- [2. Charge Up with Healthy Eating](#) includes tips to help you plan for healthy eating.




Did you know?

About one-third of pre-teens and teens are overweight or obese. But small changes in what you do and eat may help you stay healthy.



# Drug Abuse



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## Drugs and Young People

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See, Play and Learn

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For You

- Children
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**MEDICAL ENCYCLOPEDIA**

[Drug signs and teenagers](#)

[Toxicology screen](#)

**Related Health Topics**

[Cocaine](#)


**Summary**

Drug abuse is a serious public health problem. It affects almost every community and family in some way. Drug abuse in children and teenagers may pose a greater hazard than in older people. This is because their brains are not yet fully developed. As a result, the brains of young people may be more susceptible to drug abuse and addiction than adult brains.

Abused drugs include

- Amphetamines
- Anabolic steroids
- Club drugs
- Cocaine
- Heroin
- Inhalants

[National Institutes of Health](#) [DrugAbuse.gov](#) [Have a drug problem—need help?](#) [Contact Us](#) [Get Email Updates](#)

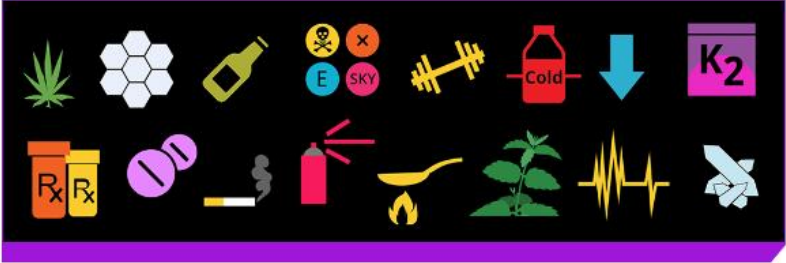


**National Institute on Drug Abuse for Teens**  
*Advancing Addiction Science*

[Teens](#) | [Teachers](#) | [Parents](#) | [Drugs & Health Blog](#) | [NDAFW](#)


### Drug Facts

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!




### Drugs & Health Blog


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#### Fake Prescription Pills Are Real Danger




#### How Legal Is Marijuana?




#### Crossing the Line: Athletes Risk Their Health When Using Performance-Enhancing Drugs



# Mental Health

 U.S. National Library of Medicine

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## Teen Mental Health

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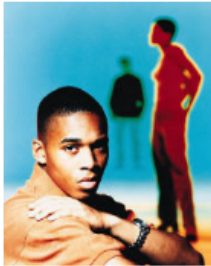
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- Find an Expert

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MEDICAL ENCYCLOPEDIA

[Help your teen cope with stress](#)

[Helping your teen with depression](#)

[Managing your depression - teens](#)


[Recognizing teen depression](#)

### Summary

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property

 FamilyDoctor.org

[Return to Web version](#)

## Teens and Stress: Who Has Time For It?

### Teens and Stress: Who Has Time For It?

#### What is stress?

Stress is what you feel when you react to pressure, either from the outside world (school, work, after-school activities, family, friends) or from inside yourself (wanting to do well in school, wanting to fit in). Stress is a normal reaction for people of all ages. It's caused by your body's instinct to protect itself from emotional or physical pressure or, in extreme situations, from danger.

#### Is stress always bad?

No. In fact, a little bit of stress is good. Most of us couldn't push ourselves to do well at things – sports, music, dance, work, school – without feeling the pressure of wanting to do well. Without the stress caused by a deadline, most of us also wouldn't be able to finish projects or get to work or school on time.

#### If stress is so normal, why do I feel so bad?

With all the things that happen at your age, it's easy to feel overwhelmed. Things that you can't control are often the most frustrating. Maybe your parents are fighting, or your social life is a mess. You can also feel bad when you put pressure on yourself – like pressure to get good grades or to get promoted at your part-time job. A common reaction to stress is to criticize yourself. You may even get so upset that things don't seem fun anymore and life looks pretty grim. When this happens, it's easy to think there's nothing you can do to change things. **But you can!** See the tips below.

#### Signs you're stressed out


- Feeling depressed, edgy, guilty, tired
- Having headaches, stomachaches, trouble sleeping
- Laughing or crying for no reason
- Blaming other people for bad things that happen to you
- Only seeing the down side of a situation
- Feeling like things that you used to enjoy aren't fun or are a burden
- Resenting other people or your responsibilities

#### Things that help fight stress

- Eating well-balanced meals on a regular basis
- Drinking less caffeine
- Getting enough sleep



# Diets/Nutrition



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## Vegetarian Diet

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<b>Research</b> <ul style="list-style-type: none"><li><a href="#">Clinical Trials</a></li><li><a href="#">Journal Articles</a></li></ul>	<b>Resources</b> <ul style="list-style-type: none"><li><a href="#">Find an Expert</a></li></ul>	<b>For You</b> <ul style="list-style-type: none"><li><a href="#">Children</a></li><li><a href="#">Teenagers</a></li><li><a href="#">Women</a></li><li><a href="#">Patient Handouts</a></li></ul>



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**MEDICAL ENCYCLOPEDIA**

[Vegetarian diet](#)

**Related Health Topics**

[Nutrition](#)

MedlinePlus links to health

**Summary**

A vegetarian diet focuses on plants for food. These include fruits, vegetables, dried beans and peas, grains, seeds and nuts. There is no single type of vegetarian diet. Instead, vegetarian eating patterns usually fall into the following groups:


- The vegan diet, which excludes all meat and animal products
- The lacto vegetarian diet, which includes plant foods plus dairy products
- The lacto-ovo vegetarian diet, which includes both dairy products and eggs

People who follow vegetarian diets can get all the nutrients they need. However, they must be careful to eat a wide variety of foods to meet their nutritional needs. Nutrients vegetarians may need to focus on include protein, iron, calcium, zinc and vitamin B12.


*United States Department of Agriculture*

**Start Here**

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**TIPS FOR VEGETARIANS**


[Home](#) / [Tips for Vegetarians](#) [Print](#) [Share](#)

## Tips for Vegetarians

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex, and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B12.

### Nutrients to focus on for vegetarians

- Protein has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians and vegans include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein





# Sexuality

U.S. National Library of Medicine

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Home → Health Topics → Teen Sexual Health

## Teen Sexual Health

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### Summary

During your teens you go through **puberty** and become sexually mature. If you're a girl, you develop breasts and begin to get your **period**. If you're a boy, your penis and testicles become larger. If you have sex, you could get pregnant or get someone pregnant. Whether you choose to have sex or not, it is a good idea to know about safe sex and how sex affects your health. Besides pregnancy, having sex puts you at risk of getting a **sexually transmitted disease (STD)**, such as **chlamydia**, **HPV**, or **HIV/AIDS**.

The only way to be completely safe is not to have sex. If you do choose to have any kind of sexual contact, latex condoms are the best protection against STDs. Condoms are also a form of **birth control** to help prevent pregnancy.

### Start Here

- Especially for Teens: You and Your Sexuality (American College of Obstetricians and Gynecologists) - PDF Also in Spanish

Get Teen Sexual Health updates by email

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**Related Health Topics**

- Teen Development
- Teen Health
- Teenage Pregnancy

**TeensHealth**  
from Nemours

For Parents For Kids For Teens

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En Español

## Talking to Your Partner About Condoms

KidsHealth > For Teens > Talking to Your Partner About Condoms **AAA**

Listen

**en español**

Cómo hablar con su pareja sobre los condones

It's much smarter to talk about condoms *before* having sex, but that doesn't make it easy. Some people — even those who are already having sex — are embarrassed by the topic of condoms. But not talking about condoms can affect a person's safety. Using condoms properly every time is the best protection against **sexually transmitted disease (STDs)** — even if you're using another form of birth control like **the Pill**.

So how can you overcome your embarrassment about talking about condoms? Well, for starters it can help to know what a condom looks like, how it works, and what it's like to handle one. Buy a box of condoms so you can familiarize yourself.

The next thing to get comfortable with is bringing up the topic of condoms with a partner. Practice opening lines. If you think your partner will object, work out your response ahead of time. Here are some possibilities:

**Partner Message:**

**Finding it hard to talk to your parents?**

**TeensHealth**

**World's Best Dad**



# STDs

NIH U.S. National Library of Medicine

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Home → Health Topics → Sexually Transmitted Diseases

## Sexually Transmitted Diseases

Also called: Sexually transmitted infections, STDs, Venereal disease

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**Summary**

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including

- Chlamydia
- Genital herpes
- Gonorrhea
- HIV/AIDS

Get Sexually Transmitted Diseases updates by email

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**MEDICAL ENCYCLOPEDIA**

Cervicitis  
Chancroid  
Donovanosis (granuloma inguinale)  
Endocervical culture  
Epididymitis

**TeensHealth**  
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For Parents For Kids For Teens

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Recipes  
En Español

## About Sexually Transmitted Diseases

KidsHealth > For Teens > About Sexually Transmitted Diseases (STDs)

What's in this article? [see more \[+\]](#)

Listen

Sexually transmitted diseases (STDs) are infectious diseases that spread from person to person through intimate contact. STDs can affect guys and girls of all ages and backgrounds who are having sex — it doesn't matter if they're rich or poor.

Unfortunately, STDs (sometimes also called STIs for "sexually transmitted infections") have become common among teens. Because teens are more at risk for getting some STDs, it's important to learn what you can do to protect yourself.

**en español**  
Acercas de las enfermedades de transmisión sexual (ETS)

**TeensHealth**  
Which of these infections do you worry about most?

☐ Staph infection  
☐ Mono



# Other Great Resources



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CARE ABOUT  
MENTAL HEALTH



Substance Abuse and Mental Health Services Administration

# SAMHSA

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Programs & Campaigns » Too Smart To Start



## Too Smart To Start

Visit [Too Smart To Start today.](#)

Reel Life

Watch videos of real-life scenarios solutions to help youth and tee use.

Contact Too Smart To Start

Substance Abuse and Mental H Administration  
301-407-6798  
Toll-free 1-866-419-2514  
[Online contact form](#)

**About Too Smart To Start**

[Too Smart To Start](#) is a public education initiative designed to:

**Youth**

Alcohol can be harmful to the health of adolescents, but thankfully most young people

GO ASK  
ALICE!

HEALTH ANSWERS ▾

QUIZZES ▾

FIND HELP ▾

ABOUT ALICE! ▾

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## New Q&As

- Half-time snack for second half boost?
- Snorting heroin — Dosage?
- Sexually adventurous = More likely to cheat?
- Freaking out about getting tonsils and adenoids removed
- Vaginal bleeding after intercourse

Couldn't find an answer to your health issue in the Q&A Library? We're always happy to hear from you, so please send us your question.

ASK YOUR QUESTION

More Q&As

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Care. No matter what.

HOME | EN ESPAÑOL

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## Info for Teens



FIND A HEALTH CENTER

Zip Code | OH | State

OR CALL  
1-800-230-PLAN

Site Search

INFO FOR TEENS

TOOLS FOR PARENTS »

TOOLS FOR EDUCATORS »

stopbullying.gov

What You Can Do | Blog | Newsroom | Images | Videos | Resources | Policies & Laws | Español


WHAT IS BULLYING | CYBER BULLYING | WHO IS AT RISK | PREVENT BULLYING | RESPOND TO BULLYING | GET HELP NOW

## FEATURES

- Cyberbullying
- Bullying Prevention Awareness Month
- New Online Course
- Be More Than a Bystander

## Get a new perspective on bullying.

Take a walk in your kid's shoes and learn how they can safely stop bullying.



WHAT YOU CAN DO



CDC Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

SEARCH

CDC A-Z INDEX ▾

## Reproductive Health: Teen Pregnancy

Teen Pregnancy

[CDC - Teen Pregnancy](#)

- About Teen Pregnancy
- Projects and Initiatives
- Practitioner Tools and Resources
- News, Links & Related Publications
- Parent and Guardian Resources
- Health Care Providers
- For Teens
- Social Media Tools

More Related Links

Reproductive Health

## For Teens



Are you a teen having sex? Are you thinking about having sex?

It's your future. You can protect it!

This Web page is especially for teens and designed with input from teens. As a teenager, you have more power than anyone to prevent teen pregnancy and sexually transmitted diseases (STDs).

Find out what you need to know **before** you begin having sex. It doesn't matter what sex or gender your partner is, you both need to be protected. If you are having sex, you can protect yourself and your partner from pregnancy, **STDs**, and **HIV** (the human immunodeficiency virus). Even if you are not having sex yet, be prepared.

For information about waiting to have sex (abstinence), including how to talk to your partner about it—

- [Planned Parenthood: Abstinence](#)


For information about healthy relationships—

His Condom + Her Birth Control






# GirlsHealth.gov



Be Healthy. Be Happy. Be You. Beautiful.

Search!

BodyFitnessNutritionIllness & disabilityDrugs, alcohol & smokingYour feelingsRelationshipsBullyingSafetyYour futureEnvironmental health



### Feeling down?

Find out the difference between sadness and depression.

[Learn more](#)

◀ ● ● ● ● ● ▶

Got questions about your body or your period?  
Confused about dating or friendships?  
We have clear, fun, and reliable info on these topics and many more.  
We are here to help you...

**Be healthy. Be happy.  
Be you. Beautiful.**

### #Relationships

Bad breakups, fights with friends, parents' rules, annoying siblings, and more. We are here to help!

**Connect with these topics:**


- Dating tips
- Is your relationship healthy?
- Sharing on social media
- How to help a friend in need
- Getting along with parents

### STDs and Sex

Be empowered: No fiction, just the facts.

**Here's what you need to know:**


- Facts about STDs
- Protect yourself
- Facts about sex
- Talk about it











# Young Men's Health

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 **Young Men's Health**

 General Health  Sexual Health  Medical Conditions  Nutrition & Fitness  Emotional Health





**New health guide: Plastic Surgery**

You've probably read about celebrities who've had cosmetic surgery, but do you know anyone who's had plastic surgery to correct a deformity such as a cleft lip or acne scars?...read more.



Welcome to Young Men's Health, a website for teen guys and young men featuring up-to-date health information. Here, you can find answers to your questions, health guides, & more!

 **Boston Children's Hospital**  
Until every child is well

 **Center for Young Women's Health**



# KidsHealth.org

The screenshot shows the KidsHealth.org website with a focus on the TeensHealth section. The header includes navigation links for 'For Parents', 'For Kids', and 'For Teens'. The main content area features a 'School and Concussions' featured article with a brain image, a 'Hot Topics' section listing various health issues, a 'Take 5' section with tips for fighting depression, and a 'Quiz' section about mono symptoms. A sidebar on the left provides a search bar and a list of topic categories. At the bottom, there is a 'Making a Change' section with a 'Get Started' button.

**TeensHealth**  
from Nemours

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**Making a Change**  
Your Personal Plan  
Get Started →

**For Parents For Kids For Teens**

**School and Concussions**  
featured articles

**Hot Topics**

- Meningitis
- Caffeine
- Choosing Your Mood
- How Can I Help a Friend Who Cuts?
- Date Rape

**TAKE 5**  
*Tips for Life*  
5 ways to fight depression and feel better.  
Find out more ▶

**Quiz**  
After a person has been infected with mono, how long does it take for symptoms to show up?  
A 1 to 2 weeks  
B 2 to 4 weeks  
C 4 to 6 weeks

**Expert Answers on...**  
Is It Normal to Have an Erection When Waking Up?  
Find out more ▶



# Teen Health Information

## HHS Office of Adolescent Health

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

**OFFICE OF ADOLESCENT HEALTH**

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Grants

**Healthy Relationships**

During adolescence, young people learn how to form safe and healthy relationships with friends, parents, teachers, and romantic partners. Both boys and girls often try on different identities and roles during this time, and relationships contribute to their development. Peers, in particular, play a big role in identity formation, but relationships with caring adults – including parents, mentors or coaches – are also important for adolescent development. Often, the parent-adolescent relationship is the one relationship that informs how a young person handles other relationships. [MORE »](#)

**in HEALTHY RELATIONSHIPS**

- Dating
- Bullying
- LGBT
- Dating Violence
- Healthy Friendships
- Talking with Teens
- In the States

**RESOURCES**

Peer Mentoring: Harnessing Positive Influence [Download PDF](#)

Understanding Teen Dating

**HEALTHY RELATIONSHIPS IN THE STATES**

**ADOLESCENT HEALTH TOPICS**

- America's Adolescents
- Healthy Relationships

## CDC

**CDC** Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™

SEARCH

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**Family Health**

[Family Health > Healthy People](#)

**Safe and Healthy Kids and Teens**

[f](#) [t](#) [+](#)

At a very young age, children develop the habits and behaviors that will influence their life-long health. Use the links below to help you guide your kids in making choices that will lead to healthier lives.



**Family Health**

- Healthy Occasions +
- Healthy Living +
- Healthy People -
- College Students
- Families with Special Needs
- Kids and Teens -
- Express Your Health: Activity Book for Kids
- Make Summer Safe for Kids
- Tips for Raising Safe and Healthy Kids
- Test Your Knowledge about Kids' Health
- Websites for Kids and Teens

**Parents**

- Tips for Raising Safe and Healthy Kids
  - [PDF](#)
  - [En Español](#)
- Test Your Knowledge about Kids' Health

**Kids and Teens**

- Express Your Health: Activity Book for Kids
- Halloween Health and Safety Tips
  - Tips to Protect Yourself from Germ Monsters
- Make Summer Safe for Kids
- Websites for Kids and Teens
- The Ultimate STEM Guide for Kids

**College Students**

- College Health and Safety
- Spring Break Health and Safety Tips

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# Teen Health Programs

## Project SHARE

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Project SHARE Curriculum

Search this Guide Search

Student Health Advocates Redefining Empowerment

About the Curriculum

About the Project

Module I: Overview of Health Disparities

Module II: Quality Health Information

Module III: Taking Charge of Your Health

Module IV: Smart Food Choices

Module V: Crafting & Delivering the Message

Module VI: Promoting Health and Wellness in Your Community

National Standards

### About the Curriculum

The Project SHARE curriculum aims to build high school students' skills to reduce health disparities at the personal, family and community level. The curriculum aligns with national standards and can be used in diverse settings nationwide: schools, libraries, community-based organizations, and community-academic partnerships.

The curriculum is comprised of six modules. Each module contains up to five lessons and is accompanied by experiential learning activities. Individual lessons and modules may be used in a series or may stand alone. You are encouraged to modify the basic lessons to meet the needs of your communities. [Download the entire curriculum.](#)

[Module I: Overview of Health Disparities](#)

- Introduction to Health Disparities
- Social Determinants of Health

[Module II: Quality Health Information](#)

- Health Literacy
- Locating & Evaluating Health Information
- Cultural Competency



## VIVA! Peer Tutor Project

Vital Information for a Virtual Age

iVIVA!

A PEER TUTOR PROJECT



November 2, 2016

### OUR MISSION

[Biblioteca Las Américas](#)

To empower high school students and assist them in serving their communities;

[medlineplus.gov](#)

[Implementation Guide](#)

To improve the awareness and use of quality health information resources in communities; and

[History](#)

To create student-centered programs for community health outreach.

[Activities](#)

We offer free support for those starting new peer tutoring programs that seek to partner teachers and high school students and wish to learn from the experiences of others.

[Personnel](#)

[South Texas ISD](#)

[Publications](#)

[Awards](#)

Download our recently updated [Implementation Guide!](#)

### AWARDS

2003 Texas Library Association Project of the Year

2003 HOSA Student community awareness project

2006 National School Library Media Program of the Year

### FUNDED

This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, under Contract No. HHSN-276-2011-00007-C with the Houston Academy of Medicine-Texas Medical Center Library.

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# Teen Health Programs

- Cyberbullying
- Wearable Health Devices
- National Health Observances
- Date Rape
- Cooking Class
- Prescription Drug Abuse
- Tattoos & Piercings
- e-Cigarettes
- Support Groups
- Guest Speakers- collaborate





# You could be The One!



Carolyn Martin, MLS, AHIP  
Consumer Health Coordinator  
National Network of Libraries of  
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(NN/LM PNR)  
martinc4@uw.edu